

Testimony for SB 48

Hello:

This is an exciting step forward in legislation. Such nutrition standards with a limitation of 6 ounces of juice after age of nine months will send a strong message to parents and providers who are confused about the nutrition value of juice.

Many parents consider juice as the essence of fruit, not realizing that there are many nutrients and fiber in fruit that are missing in juice. It will help them understand that a small quantity of juice is healthy and recommended for those over 9 months of age, but juice is not an appropriate substitute for water.

Thank you,

Madhu Mathur

Madhu Mathur, MD, MPH

Obesity Medicine Physician & Pediatrician

Director KIDS'FANS Programs

Medical Director: Medical Home Initiative SW

Chair, Obesity Task Force

Stamford Hospital

1351 Washington Boulevard, 4th floor

Stamford 06902

Ph 203-276-4926: mmathur@stamhealth.org

<http://www.stamfordhospital.org/KIDSFANS>